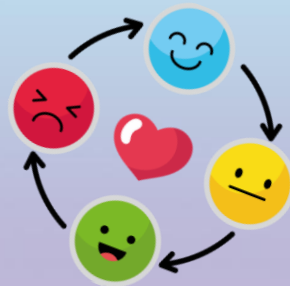




THE WELLBEING CLUB



- ❖ Does your child find the transition from school to home challenging?
- ❖ Would your child benefit from guidance in how to unwind and de-stress?
- ❖ If so, then why not sign them up to The Wellbeing Club with TA Mrs Miller!

When: TUESDAYS FROM 3:30-4:30pm

Where: THE GARDEN ROOM

- The club offers a one hour after-school session designed to provide a small number of students with a peaceful and relaxing environment.
- Activities will include mindfulness exercises, light yoga and breathing, reading, games, creative arts or simply spending time in a relaxing space.
- It is an excellent opportunity for students to practice self-regulation, identify and manage challenging emotions and develop coping strategies in a fun setting.

If you feel your child might benefit from this club please contact Mrs Miller on **wellbeingclub@outlook.com**

Spaces are limited so book now to secure your child's place.

The total cost for 12 sessions will be **£102 per child**.

Tuesday 8 September - Tuesday 8 December 2026

8, 15, 22, & 29 September

6 & 13 October

Half term 19 - 30 October 2026

3, 10, 17 & 24 November

1 & 8 December

